



# Three Cup Tofu Poutine

Vegan / Gluten-Free / Refined Sugar-Free

## 1. INGREDIENTS

## 2. METHOD

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### A / Baked Fries:

- 3 small / Russet potatoes (or 2 large)
- oil
- Salt

### B / Cashew Mozzarella:

- 1/4 cup / raw cashews
- 2/3 cup / hot water
- 1/4 / lemon juice
- 1/2 tbsp / apple cider vinegar
- 1/2 tsp / nutritional yeast
- 1/2 tsp / miso paste
- 1/4 tsp / salt
- 2 tbsp / tapioca flour

### **Three Cup Tofu:**

### C / For the tofu:

- 6oz / extra firm pressed tofu
- 2 tbsp / soy sauce
- 1 tbsp / sesame oil
- 1/3 cup / cornstarch

### D / For the sauce:



- ¼ cup + 2 tbsp / soy sauce
- ¾ cup / water
- 3 tbsp / maple syrup
- ¼ cup / cooking wine
- 1 tbsp / sesame oil
- 2 tbsp / cornstarch
- 3 large / cloves garlic
- 1 tsp / fresh ground ginger

## Method -----

### Cashew Mozzarella:

1. Soak the cashews in water overnight.
2. Pour into the blender add: lemon juice, apple cider vinegar, nutritional yeast, miso paste, salt and tapioca flour. Then blend until very smooth.
3. Transfer the mixture to a pan over medium heat, stirring continuously. Stir until a smooth and stretchy cheese is formed.
4. Transfer to a bowl or container and let it sit in the fridge for a minimum of 3-4 hours.

### Fries:

1. Preheat the oven to 425°F.
2. Slice the potatoes into strips, put onto a baking tray, toss in salt, and spray oil.
3. Spread on the baking tray evenly and bake at 425°F for 25 mins.
4. Flip the fries around and turn up the temperature to 475°F and bake for 15-20 more mins or until lightly browned and crispy.
5. Remove from oven and put it on a plate.

### Three Cup Tofu:

1. Slice the tofu in half and press for a minimum of 30 minutes with paper towel and a weight (I used a cutting board and some cans).
2. Using your hands, break up the tofu into irregular chunks.
3. in a bowl combine 2 tbsp soy sauce with 1 tbsp of sesame oil and stir together.
4. Coat the tofu chunks in this mixture, then coat in cornstarch.
5. Turn on medium heat and spray the pan with oil . Pan fry the tofu until all sides are golden brown and crispy. Remove from heat and set aside.



6. In a bowl, combine soy sauce, water, maple syrup, cooking wine, cornstarch and ginger.
7. Lightly sauté the sliced garlic with sesame oil.
8. Pour in the sauce mixture into a pan over medium heat. Stir until it starts to thicken.
9. Add in the tofu, and stir until fully coated in the sauce.
10. Add in the fresh basil and cook for a few more minutes.

### **To assemble:**

1. Break cashew mozzarella into small chunks and place over fries. on the plate
2. Pour the three cup tofu and the sauce over top.
3. Enjoy!